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May 14, 2020

Please see the information below for additional resources which may be of assistance during this time.

SNAP Outreach Toolkit

Connect Families to Nutrition Assistance

The COVID-19 pandemic continues to threaten the health, well-being and food security of low-income families. While schools are working hard to provide meals to children, many families are still struggling.

As trusted messengers, schools can leverage existing communications channels to communicate the availability resources to families.

An **outreach toolkit** has been developed to encourage families to apply for the Supplemental Nutrition Assistance Program (SNAP).

Learn more and access the toolkit at:

www.HungerSolutionsNY.org/snap-outreach-for-schools/

Many more families may be eligible for federal nutrition programs with due to the economic impacts of the current crisis.

Encouraging eligible families to apply for SNAP or to enroll in free or reduced-price school meals can benefit schools. When eligible families are captured by these programs, schools can leverage additional education funding, improve school meal program operations, and potentially meet area eligibility thresholds for future participation in other programs – such as providing free school meals to all students via CEP and adopting summer and afterschool meals.

For assistance, please
contact: Jessica.PinoGoodspeed@hungersolutionsny.org



Suffolk County Executive Steven Bellone

Coping With Thoughts of Suicide During the COVID-19 Pandemic

The COVID-19 pandemic can affect you and your loved ones' mental and emotional well-being. It is natural to feel overwhelmed, sad, anxious and afraid. Isolation, financial distress, loss of friends and family due to COVID-19 and other stressors can affect our mental and emotional well-being. Below are some action steps offered by National Institute of Mental Health

If you are thinking about suicide, or know someone who is, counselors are available to listen to and support you 24/7 Call
Family Service League's DASH Hotline 631-952-3333 or Response of Suffolk Hotline
631-751-7500

If you or someone you know is at immediate risk of hurting themselves, or in immediate danger because of a health condition or other situation, call 911.

The behaviors listed below may be signs that someone is thinking about suicide

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty, hopeless, or having no reason to live
- Making a plan or looking for a way to kill themselves, such as searching for lethal methods online, stockpiling pills, or buying a gun
- Talking about great guilt or shame
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable pain (emotional pain or physical pain)
- Talking about being a burden to others
- Using alcohol or drugs more often
- Acting anxious or agitated
- Withdrawing from family and friends
- Changing eating and/or sleeping habits
- Showing rage or talking about seeking revenge
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often
- Displaying extreme mood swings, suddenly changing from very sad to very calm or happy
- Giving away important possessions
- Saying goodbye to friends and family
- Putting affairs in order, making a will

5 Action Steps for Helping Someone in Emotional Pain

 ASK "Are you thinking about killing yourself?"	 KEEP THEM SAFE Reduce access to lethal items or places.	 BE THERE Listen carefully and acknowledge their feelings.	 HELP THEM CONNECT Save the National Suicide Prevention Lifeline number 1-800-273-8255.	 STAY CONNECTED Follow up and stay in touch after a crisis.
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For more information on suicide prevention:
www.nimh.nih.gov/suicideprevention

1. **ASK:** "Are you thinking about killing yourself?" It's not an easy question, but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.
2. **KEEP THEM SAFE:** Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
3. **BE THERE:** Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce rather than increase suicidal thoughts.
4. **HELP THEM CONNECT:** Save the DASH (631-952-3333), Response (631-751-7500), the National Suicide Prevention Lifeline's (1-800-273-TALK (8255)) and the Crisis Text Line's number (741741) in your phone, so it's there when you need it. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.
5. **STAY CONNECTED:** Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.



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Suffolk County Reopening Metrics

May 11, 2020

Suffolk County Reopening Metrics

The Suffolk County reopening metrics are listed on the link below. This information can be accessed on the home page of the Suffolk County website under “**Suffolk County Reopening Metrics**”

<https://dashboards.suffolkcountyny.gov/app/main#/dashboards/5eb5950d3ab83817803ffe49?h=false&t=false&l=false&r=true&volatile=true>

Statewide reopening metrics can be found on the home page and the link below:

<https://forward.ny.gov/regional-monitoring-dashboard>